



Common Sense Pregnancy: Navigating a Healthy Pregnancy and Birth for Mother and Baby

Jeanne Faulkner

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Become a mama without the drama

When you're pregnant, your friends, the Internet, and even your doctor often give advice that leaves you anxious and overwhelmed. You deserve a calm, straightforward, no-nonsense pregnancy. It's time to dial down the stress and dial up the common sense. *Common Sense Pregnancy* is a breath of fresh air: accessible, authoritative, funny, reassuring, and personable, while still chock-full of comprehensive, medically-sound advice. Women's health expert, labor nurse, mother of four, and *Fit Pregnancy.com* columnist Jeanne Faulkner has been at the bedside for thousands of deliveries and provides the honest insider advice you need during pregnancy, labor, birth, and beyond, including straight talk on:

- Which prenatal tests you *actually* need, and which you don't.
- Who's on your labor team—and how to keep your labor room drama free.
- What about sex?
- How to deal with feeling lousy.
- What works and what doesn't for starting labor naturally.
- How to avoid unnecessary and risky medical interventions.

Whether you want your pregnancy and birth to be all natural, all medical, or something in between, *Common Sense Pregnancy* eliminates the fear and puts you in charge of your body and prenatal experience, and helps you make the right choices for you and your baby.

From the Trade Paperback edition.

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From reader reviews:

Agustin Thornsberry:

As people who live in the particular modest era should be change about what going on or facts even knowledge to make them keep up with the era and that is always change and advance. Some of you maybe will probably update themselves by reading through books. It is a good choice in your case but the problems coming to anyone is you don't know what kind you should start with. This Common Sense Pregnancy: Navigating a Healthy Pregnancy and Birth for Mother and Baby is our recommendation so you keep up with the world. Why, because book serves what you want and need in this era.

Juan McCain:

Are you kind of hectic person, only have 10 or 15 minute in your day to upgrading your mind skill or thinking skill even analytical thinking? Then you are receiving problem with the book compared to can satisfy your short space of time to read it because pretty much everything time you only find publication that need more time to be study. Common Sense Pregnancy: Navigating a Healthy Pregnancy and Birth for Mother and Baby can be your answer as it can be read by you actually who have those short spare time problems.

Jon Farris:

The book untitled Common Sense Pregnancy: Navigating a Healthy Pregnancy and Birth for Mother and Baby contain a lot of information on this. The writer explains her idea with easy means. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read this. The book was published by famous author. The author will take you in the new age of literary works. You can actually read this book because you can please read on your smart phone, or program, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site and also order it. Have a nice go through.

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In this era globalization it is important to someone to acquire information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The book that recommended to you is Common Sense Pregnancy: Navigating a Healthy Pregnancy and Birth for Mother and Baby this publication consist a lot of the information on the condition of this world now. That book was represented just how can the world has grown up. The dialect styles that writer use for explain it is easy to understand. Often the writer made some study when he makes this book. Honestly, that is why this book suitable all of you.

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